

State of Delaware Presents:

Tina's Joyful Kitchen

Healthy Aging Month ~ Age-Less, Play-More

DATE: Thursday, Sep 23rd

TIME: 10:00 A.M.

PLACE: [Click Here To Join](#)



Cooking Demonstrations with Tina McDermott

The Lazy Inspirational Chef

ON THE MENU

- Roasted Red Pepper Chicken with Almonds
- Broccoli Slaw
- Blueberry Crumble Bars



Tina McDermott

INSPIRATIONAL CHEF, SPEAKER & WEIGHT LOSS COACH

tina@tinamcdermott.com | <http://tinamcdermott.com>

FREE EBOOK: The Joyful Gut Reboot!